

BI-MONTHLY MEETING DATES

Cancer Society Building
511 Grey Street, Hamilton

The 2024 Dates are:

17 March AGM
26 May
28 July Pot Luck Lunch
29 September
24 November

Christmas Lunch - TBA

Meeting Time: 2pm- 4 pm

THE PRESIDENT'S REPORT – MURRAY DEAR

Our annual barbecue was held at Rodney & Helena Macdonald's lovely home near Pirongia on Sunday 18 February. Members enjoyed an excellent lunch with shared salads and desserts while Rodney and Helena provided the meats. It would be fair to say nobody went home hungry at the end of the day. A highlight of the day for some of us was a viewing of Rodney's vintage car collection while we digested our main course before tackling dessert!

Our next society meeting will be the Annual General Meeting to be held at 2.00 pm on Sunday 17 March. This will be held at our new regular venue, the Cancer Society rooms on the corner of Grey & Beale Streets, Hamilton East. There is plenty of off-street and on-street parking nearby. I am very pleased to advise that the current office holders are willing to stand again. Having said that, any other nominations for committee positions will be welcome. If you have a matter you wish to raise under General Business, it would be appreciated if this could be advised to our Secretary Lorraine by no later than 10 March.

I look forward to catching up with you all at the AGM.

Murray Dear



Updating Information:

If you have changed address, phone or email details, please notify Lorraine in order to keep receiving newsletters, etc.

Waikato Ostomy Society Committee

Let's SUPPORT our Association

PATRON	Mr. Ralph Van Dalen MBChBFRAC		
President	Murray Dear	dears@xtra.co.nz	027 229 7047
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Committee	Yvonne Moosberger	yvonnemoosberger@gmail.com	(07) 854 5458
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Web Sites www.ostomywaikato.org.nz and www.ostomy.org.nz

Facebook [OstoMATES NZ](https://www.facebook.com/OstoMATES_NZ) and [Waikato Ostomates United](https://www.facebook.com/WaikatoOstomatesUnited)

For ostomy supply queries you can email them on cses@waikatodhb.health.nz



This newsletter is kindly printed and posted for us by Mr. Ralph van Dalen

Thoughts to ponder.....

- *What if my dog only brings the ball back because he thinks I like throwing it?*
- *If the poison expiration date is past does that mean it's less or more poisonous?*
- *Which letter in "Scent" is silent..... the S or the C?*
- *Do twins ever realise that one of them is unplanned?*
- *Why is W pronounced "double U" instead of Double V"?*
- *What if oxygen is killing you & it just takes 75 to 100 years to work?*
- *Every time you clean, you make something else dirty.*
- *100 years ago, everyone had a horse, only the rich had a car. Today everyone has cars & only the rich have horses.*
- *If you replace the "W" with a "T" in "What, Where & When", you would have the answer to each one.*
- *If you rip a hole in a net, you have less holes than you started with.*
- *A good laugh and a long sleep are the best cures in the Dr's book.*
- *Not all who wander are lost, some are just looking for plant sales.*
- *"Festinalente", Make Haste Slowly!*

Strategy Tips for Self Care

by Elaine O.Rouke (USA) Chron's survivor

Move your body:

Get up and walk more

Set a chime on your phone to remind you

Food Choices:

Focus on eating foods you know will be healthy for you

Then eat them slowly

Chew and enjoy your food

Make it fun:

If you dread something, you won't get it done

Dance, walk up and down stairs

Enjoy what you are doing

Schedule time for yourself:

Be consistent, try to allow the same time each day to do something just for you

Know that you deserve it:

Promise yourself a self care present when you reach each goal – a massage, tickets to a show, a good book.

Above all else know that although the going can be rough, self-care will help you to achieve a better quality of life.

Learning to ignore things you cannot change is one of the great paths to inner peace.

Sometimes in life everything goes smoothly



And sometimes unexpected happens,



The important thing, knowing how to turn problems into opportunities



And speaking of good books, I am an avid reader.

I can recommend the following – very good reads:

“Profiles in Ignorance”, Andy Borowitz : How America’s Presidents got Dumb and Dumber.

“Untouchable Girls” – Topp Twins – great romp through the amazing journey of NZ’s iconic twins.

“Mortals– How the fear of death shaped Human Society ” by R & R Menzies – may challenge, even alter your beliefs or pre-conceived ideas.

And then for some light fiction:

“The Unlikely Pilgrimage of Harold Fry” – impossible to put down.

“The Last Voyage of Mrs Henry Parker” – growing old gracefully.

“Stalker” by Lars Kepler, one of the best thriller writers



By now, I trust you have all received your belated copy of the Ostomy New Zealand Journal, dated Nov.2023. Sadly, there was a muck up with delivery addresses and the box had sat at NZ Post since last year until we discovered the problem. My apologies for the delay in you getting the journal. As always, this issue has some very interesting and informative articles in it. “Driving Forward – My Story by Michael Sumner is our Treasurer’s own story - Michael has certainly grabbed life by the horns and not let adversity hinder his journey. Also read Helen Joseph’s story, another Ostomate making the best and most positive life she can. And Gill Castle’s journey. These people are quite inspirational in how they manage their lives around their ostomy journey.

Would love to have some input from you, our members, helpful hints, things to avoid, your stories. Please send anything through to me so I can share with our members. If you don’t feel comfortable writing, then call me and I can transcribe.



ANNUAL GENERAL MEETING

Sunday 17 March 2pm
Cancer Society Rooms

Would love to see as many members there as possible, come along and join us for a cuppa after the meeting 😊



Important

Waikato Ostomy Society Facebook

Kylee Black and Julia Hamon have organised our own Facebook for the Waikato area. “Key” Waikato Ostomates United in your FB search. Let’s support this initiative. They have also organised a chat group so go to the FB page and sign in if you would like to chat to members in similar situations. Sometimes a conversation with like people can make all the difference.

Julia has intimated that she would like/need to relinquish the Admin task for the Facebook page due to work commitments. She is hoping to hand over the reins to someone else soon. Full training would be provided, and she will still stay in the background for help and support. Would anyone be interested in taking on the role as admin of this group? It's not a high stress role. If you're interested in taking over, please let Julia or Lorraine know.

Barry calls his boss and says, “I’m having trouble with my eyes.”
“What’s wrong with them?” the boss asks.
“I can’t see myself coming into work today,” says Barry.

“SPUDDLE” (17th Century word)

To work ineffectively.

To be extremely busy whilst achieving absolutely nothing!